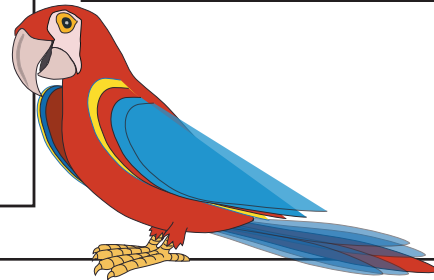# Communication

Did you know?

- Teaching children how to communicate politely and effectively is one of a parent's most important tasks.

- Daily conversations with children are an excellent way for parents to model basic communication skills.

- The best conversationalists are those who listen well.

- Good listening skills, self-control, use of good grammar, and sensitivity are all communication skills.

COMMUNICATION is...

Communication is the sharing of information between a sender and a receiver. Communication includes speaking, listening, reading, and writing, as well as nonverbal clues. Good communicators use empathy to listen and greet others with a respectful handshake and by looking the receiver in the eyes. Good communicators speak clearly with confidence and courage. They also listen with patience and an open mind so they can provide accurate feedback.

Parents can help children develop communication by...

- Teaching them to establish eye contact with the person with whom they are speaking, showing interest and respect for that person. They need to be taught that looking away is a sign of disinterest and is not good manners.

- Helping them to understand that their nonverbal actions and behaviors can make people feel badly. Rude facial expressions like eye rolling, grimaces, yawning, hair twisting and turning one's back to the speaker... are all bad manners.

- Taking turns and not interrupting. Children must be trained not to jump into a conversation just because they feel like talking.

- Modeling good listening skills. When conversing with them, listen attentively and repeat key phrases so that they feel heard. Ask appropriate questions and allow them to respond.

Discussion starters to use in talking with your child about communication...

"Who is the person you like the most talking to? Why?"

"When you want to apologize, do you prefer talking to the person face to face or writing a letter?"

"How do you feel when someone interrupts you while you are telling a story?"